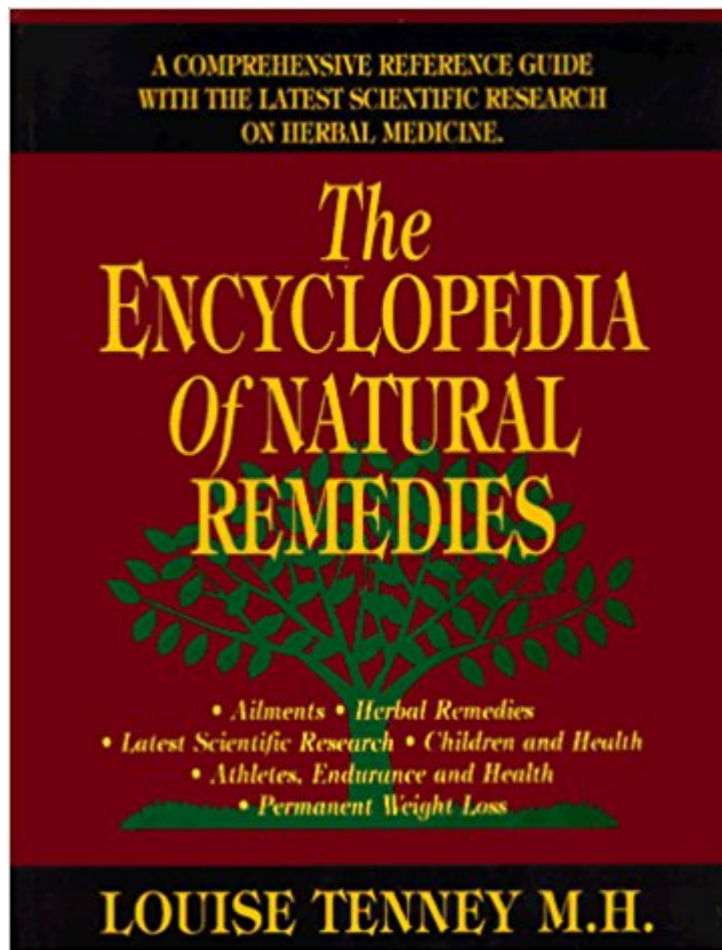


The book was found

Encyclopedia Of Natural Remedies, The: A Comprehensive Reference Guide With The Latest Scientific Research On Herbal Medicine



Synopsis

THE ENCYCLOPEDIA OF NATURAL REMEDIES is a comprehensive guide that combines the best of age old remedies with the latest scientific research in holistic medicine. In an easy-to-understand manner, it explains prevention, herbal remedies for over 100 ailments, the side effects of synthetic drugs, as well as cleansing diets and weight loss diets.

Book Information

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Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (16 customer reviews)

Best Sellers Rank: #433,097 in Books (See Top 100 in Books) #42 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #349 inÂ Books > Science & Math > Experiments, Instruments & Measurement > Methodology & Statistics #361 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

Customer Reviews

Tenney's book offers easy to understand herbal treatments for every day health challenges. A must for anyone who wishes to take health care treatment dependency from doctors and put knowledge into their own hands

A fantastic reference book for anyone making an initial investigation of any health issue. Well laid out with an excellent index. Comprehensive coverage of many health issues yet condensed and easy to read. The first health book any-one should buy. It even makes a great present.

I can't understand all the accolades. Yes it is interesting, gives compounded natural substances, but gives NO quantities, nor does it say "equal amounts/quantities of the following:," or give any guiding statement. It would be irresponsible for a patient or caregiver to compound these natural remedies and administer them without measurements of herbs and minerals recommended.

I had borrowed a friend's book years ago when researching help for my asthma and allergies. I'd suffered from pollen allergies since I could remember and asthma since I was 19. By the time I was in my early 30s, I had grown tired of the prescriptions, steroids, shots, inhalers, and plain old "just suffer through it until the season breaks." This book provided me with information for an herbal tea and a juice recipe that I was able to do for a week's time. Although I may sneeze every now and then, it does not compare to sneezing back to back to back like there's no end in sight! Other than that, I have not had any allergy or asthma symptoms since. It's been about 8 years since I've taken a prescription or over-the-counter medication for allergies and asthma. I see why my friend wanted his book back. If you like alternative help, this is a great book to keep for whatever ails you.

I think I'm going to make Christmas Gifts of this book. It is full of great content and agrees with other authors on the same treatments; plus offers insight on herbs, supplements and the body's systems as well as diseases. There is also a section on food additives and other related topics. It should be in every home. I've been referencing it about 6 years now. It contains a wealth of helpful and shocking information. I gave it 4 stars because it like all the others I have lacks information on how much and when to take the remedies, or even suggestions on how to figure that out. Nor do I recall seeing anything about cross tolerance, which is an important factor even with natural products. Vivian Gale
Author of *Fart in the Wind~Get Rid of Emotional Flatulence* available here on .

This book is not only good for the newbie but also for the seasoned herbalist. This just goes to show you can help take care of yourself, and that you don't have to go to someone for situations that can be helped at home. I am working on my health book be on the look out.

Everyone should have some kind of reference book on hand in case of an emergency so we have the ability to help in the case of illness when running to a doctor is not an option.

I have had this book in my library for several years and I refer to it almost every day. A good study. Louise Tenny makes everything so clear and easy.

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